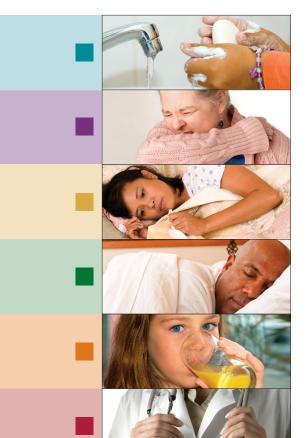
tlu prevention and care



Don't get the flu.

Remember to:

- Wash your hands often.
- Always cover your cough and sneeze.
- Look for these signs:
 - Fever.
 - Stuffy nose or cough. Headache.
 - Sore throat.
- Chills or sore muscles.
- Feeling very tired.



Don't spread the flu.

If you get sick:

- Wash your hands often.
- Always cover your cough and sneeze.
- Stay at home.
- Get plenty of rest.
- Drink plenty of fluids.
- Know when to see a doctor:
 - Trouble breathing.
- Confusion.
- Dehydration.
- Seizures.

Don't forget to get your seasonal flu shot.

For more information, please call



This publication was supported by Award Number 1H75TP000309-01 from the Centers for Disease Control and Prevention (CDC) to the National Association of County and City Health Officials (NACCHO). Its contents are solely the responsibility of the Montgomery County, Maryland Advanced Practice Center for Public Health Emergency Preparedness and Response and do not necessarily represent the official views of CDC or NACCHO.